

Simmer Pot Home Scents

Commercial products used to “freshen” the home can be incredibly toxic. Sadly, Rodney knows this firsthand because the ingredients in a diffuser almost killed his dog, Shubie. Air fresheners, plug-ins, and many candles contain volatile organic compounds, including formaldehyde, petroleum distillates, limonene, esters, and alcohols. Air fresheners also contain endocrine-disrupting chemicals, and these can lead to cancer, diabetes, obesity, and metabolic syndrome. Try one of these nontoxic stovetop fragrance combinations instead, adjusting the amounts to your preference.

Morning Rise and Shine

¼ cup roasted coffee beans or dried used grounds
3–4 cinnamon sticks
1–2 vanilla beans or 1 tablespoon vanilla extract
1–2 tablespoons cardamom

Winter Holiday

½ to 1 cup fresh cranberries
1 orange, sliced, with peel
3–4 cinnamon sticks
2 sprigs rosemary
1 tablespoon whole cloves

Fall Spice

1 apple, sliced or in chunks, with peel
1 tablespoon pumpkin spice or 3–4 chunks pumpkin rind
3–4 cinnamon sticks
1 tablespoon whole cloves
2–3 teaspoons nutmeg
1 tablespoon vanilla extract or 1–2 vanilla beans
Optional: replace water with apple cider

Spring Garden

2–3 limes or lemons, sliced with peel, or rinds
1–2 sprigs rosemary or thyme
2–3 sprigs mint
1-inch piece of ginger, sliced
Optional: lavender

1. For all scents, bring a small pot of water to a soft boil (or slow boil in a Crock-Pot) and add one of the combinations above.
2. Reduce heat to simmer for 2–3 hours, allowing the aromas to fill your home. Add additional water if necessary.